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Kort præsentation

My PhD-dissertation *Mindful Work. An Ethnography of Mindfulness and the Sociality of Feeling in Danish Workplaces* investigates the relationship between mental health, work-life, wellbeing and emotionality focusing on the influx of mindfulness interventions in contemporary Danish work life. My work is grounded in ethnographic fieldwork in two companies focusing on how employees pursue mindfulness and the implications of such pursuits when carried out as part of bettering not only individual mental states but also corporate economies.

With my project, I wish to contribute to current discussions on work life, mental health, subjectivity and affective labor. The main questions guiding my research are 1) How does a person 'become mindful'? (Which social and embodied practices are involved in the enactment of the mindful person and the cultivation of 'good' emotions? What kind of subject is imagined in this process?) 2) What happens when the pursuit of mindfulness enters a corporate economy? (How are different values (economic, moral, social) entangled in and ascribed to mindfulness?)

The PhD was done as part of the international research project *Buddhism, Business and Believers (BBB)* founded by the Independent Research Fund Denmark (FKK) and the Carlsberg Foundation. The BBB-project attends to the relationship between economy and religion with a particular focus on contemporary relations between business and Buddhism, and the way in which Buddhism mediates distinctions between virtue and value, spirituality and materiality, gifts and commodities.

My earlier research includes long term fieldwork on embodied therapeutics in Rishikesh, India, studying yoga practices and ethical becoming among international tourists.

Ansættelse

Asian Dynamics
Københavns Universitet
Cph K, Danmark
1 mar. 2016 → nu

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1 sep. 2021 → 31 aug. 2023

2018	Research exchange, University College London (UCL), Department of Anthropology
2016	Ph.d.-fellow, Department of Cross-Cultural and Regional Studies
2016	Research assistant, National Institute of Public Health
2015	Junior consultant at Gemeinschaft, anthropological consulting firm
2015	cand.scient.anth, Department of Anthropology, University of Copenhagen
2012	BA anthropology, Department of Anthropology, University of Copenhagen
2011	Student exchange, Université Paris-Diderot, Paris